

## QUICK REFERENCE SHEET

# LeFocus

Essential Oil Blend



Bay, Cinnamon Bark, Cinnamon Berry, Ginger, Nutmeg, Patchouli, Rosewood, Sage, Sandalwood



### APPLICATION:

This blend can be applied to the areas on the feet that relate to the neck, head, and brain. These are found on the big toe, both top and bottom. LeFocus can also be applied to the wrists and temples.

### AROMATIC CONSIDERATIONS:

I like to inhale LeFocus at times when I am studying and need to be extra alert. I also find it useful in the afternoons at the computer if my mind is slow or I am having difficulty concentrating. This blend can be diffused, but it is best to do so for short periods of time only; Cinnamon, Cinnamon Berry, and Ginger are very strong oils for diffusing. They may cause headache or a burning sensation in the nostrils.

### AFFINITY FOR:

nervous system, emotional balance, governing vessel meridian

### ! CAUTIONS:

This blend contains Nutmeg, Cinnamon, and Sage. It should be used with care if you are susceptible to seizures or if you are pregnant. Repeated use could result in skin irritation, even diluted.

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeFocus is useful in overcoming negative thought patterns and self-defeating behaviors. Sometimes we choose to see ourselves as victims where life and everyone we know is "out to get us." This pattern of behavior gets in the way of our ability to take responsibility for ourselves. It can also keep us from accomplishing our goals. When LeFocus has helped us become aware of our self-defeating patterns, we can choose to change them.

### PHYSICAL ASPECTS:

This blend increases mental alertness, clears that "foggy" feeling, and helps to alleviate mental confusion. It is a great aid to students and others when they face the need to commit something to memory quickly and be able to recall it with ease later.

### GENERAL INFORMATION:

LeFocus has much the same uses as LeCrystal Clear and LeIQ, but the aromas of these three blends are very dissimilar. These blends are classic examples of the wide range of plants that can accomplish similar healing tasks in the human body. Each person is unique with their own way of reacting to things. One of these three blends may work better for you and another one may work better for someone else. You may find all of them helpful, giving you the opportunity to choose one according to your preferred aroma or according to the price.